

ABSTRACT

The present invention provides a highly safe composition which is effective for protecting liver functions and preventing liver dysfunctions in the case where liver dysfunctions rise by various causes. The present inventors found that oxidized coenzyme Q is effective for protecting liver functions in the absence of selenium and that reduced coenzyme Q has a higher efficacy for protecting liver functions. The composition containing, as the main components, oxidized coenzyme Q and less than 0.01 percent by weight of selenium, or reduced coenzyme Q can be used to protect liver functions. The present invention can provide a highly safe composition which is highly effective for maintaining health.